Good news for homemakers

On cleaning up dirt

By SHIRLEY W. WALTON
Extension Agent

Warming temperatures bring an increase in outdoor activities, such as gardening, outdoor household repairs and outdoor leisure activities. We find people playing ball, having picnics and enjoying the back yard more every day. All this outdoor activity can mean extra housekeeping work when dirt, debris, grass, etc. are tracked inside. I'd like to offer the following tips to minimize the amount of outdoor soil tracked indoors.

1. Keep a rough or brushed textured door mat just outside the door and encourage its use.

2. Keep a small, washable mat or rug inside the door. Wash it frequently. (A scrap of carpet left from a carpeting job or one you can purchase at your local carpet dealer would make a good rug inside the door.)

3. Take special care to sweep and vacuum floors and rugs often. Tracked in sand and grit can quite literally bring their good appearnace and wear-life to a grinding halt.

4. If you have pets who are allowed to come inside, take a minute or two to brush off any dust or debris the pet has collected on his coat and wipe his paws.

5. Train children to shake dirt, sand, dust and other materials out of their pockets, cuffs and shoes before coming in. All of us have seen how much grass can be brought in on two tennis shoes.

6. If you don't have a mud room, provide an area just inside the door for wet or muddy coats, boots and shoes.

All of us experience the items listed above. I hope these tips will be helpful to us as we try to keep our homes clean for the summer.

Homemaker Hint of the Week:

Do any of you ever have roaches in the summertime? Would you like to send them packing? A researcher in Greensboro, N. C. says that ordinary bay leaves are very effective repellent. Dr. Madan Verma found that roaches can't tolerate the chemical "cineole" which is found in bay leaves. He claims the treatment is 98% effective. It's worth a try. My co-worker, Mr. Jim Smith, shared this good idea with me.

Important Research Regarding Breakfast

Don't be a breakfast skipper. A ten-year follow-up study at the University of California reveals that skipping breakfast is one of the seven health risks that increases a person's chances of early death. The study found that death rates were 40% higher for men and 28% higher for women who rarely or sometimes ate breakfast. A similar ten-year study at the University of Iowa Medical School showed that persons who ate breakfast were more productive during the late morning and had a faster reaction time and less muscular fatigue then those who skipped breakfast. This led researchers to surmise that eating a nutritious breakfast may mean less accidents on the job or around the home.

If you have a homemaking question or problem, you may call us at 352-8244 or write us at P. O. Box 498, Appomattox, Va. 24522. It is always a pleasure to hear from you and to help you.

Have a good week!

RECIPE OF THE WEEK

Cottage Cheese Crunch

1 cup cottage cheese
½ teaspoon dill weed
½ teaspoon salt
⅛ teaspoon Tobasco
1 teaspoon minced onion
⅓ cup each chopped celery, radishes and green pepper
Lettuce leaves

Combine cottage cheese, dill, salt, tobasco and onion. Blend well. Stir in celery, radishes and green pepper. Refrigerate. Make roll-ups by placing a generous spoonful of cottage cheese mixture on each lettuce leaf. Bring up one side of lettuce and roll to cover filling.Secure with food pick if desired. (Also makes a flavorful topping for melba toast, tomato slices or green salads.)

Makes 1¾ cups.

This is being run again especially for calorie counters. It is delicious, nutritious, and great for spring time.

Happiness is 4-H

By FRANK SWEET
Extension Agent

Friday, June 5, will be the last day to sign up for Holiday Lake 4-H Camp. Approximately 100 4-H'ers from Appomattox have already registered to attend camp.

* * *

A special Teen and Adult Leader Orientation workshop will be held at Holiday Lake 4-H Camp on Friday, June 12. The workshop is designed to help those teens and adults who will be participating in this year's 4-H Camp. Complete details will be sent to those teens and adult leaders who will be assisting at 4-H Camp this summer.

*

Congratulations to the Junior and Senior 4-H Forestry Judging Teams that were district winners in a recent contest held at the Southern Piedmont Research Station in Blackstone. The Senior Team composed of Glen McClenny, Blair Smith and Richard Conner will have the opportunity to participate in the State 4-H Forestry Judging Contest to be held at VPI & SU in June. Junior team members included Lisa Harrison, JoAnn Jamerson and Rick Pack.

*

Twenty-seven 4-H'ers participated in last week's 4-H Dog Show. Lawson Ford provided the awards for this fun event.

*

Nearly 100 June is Dairy Month posters have been turned in this spring. These posters will be returned to 4-H'ers this week. The theme for the poster program this year was "Magic of Milk."

* * *

Older 4-H'ers interested in conservation may wish to look into the "Aqua Conference" to be held at the Jamestown 4-H Center near Williamsburg during August 21-August 23. The purpose of the conference is to help young people learn about marine science within the ocean, fresh waters and swamp life.

* *

Twenty-four Appomattox Senior 4-H'ers are scheduled to attend State 4-H Congress on the Virginia Tech Campus during the week of June 22-26. Sixteen 4-H'ers will be competing in contests on the State level.

ASCS Today

USDA reports on farmland owned by foreigners - Foreign investors reported owning about 7.8 million acres or 0.6 percent of U.S. agricultural land at the end of 1980. Secretary of Agriculture John Block said the 2.2-million-acre increase includes about 1.8 million acres reported after last year's cutoff date.

"The total acreage of foreign-owned U.S. agricultural land is too small to measure the impact on agriculture at the national level," Secretary Block said. The actual increase during 1980 was about 414,000 acres out of a total U.S. agricultural area of about 1.25 billion acres.

Crop, pasture and other agriculture accounted for 57 percent of all holdings and acquisitions, forest for 37 percent, and nonagricultural and unreported use for 6 percent.

Here in Virginia, land holdings by foreign investors totaled 59,132 acres, land acquisitions 47,457 acres, and land dispositions 1,663 acres.

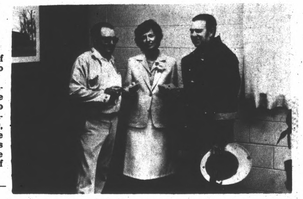
Among the States, Maine reported the largest number of acres - 11 percent - owned by foreign persons. Foreign holdings and acquisitions were concentrated in the South and West except for Maine. Of the total holdings and acquisitions reported, Alabama, Florida, Georgia, North Carolina, South Carolina, Tennessee, and Texas reported 32 percent and Arizona, California, Colorado, Montana, Nevada, New Mexico, and Utah reported 29 percent. Rhode Island is the only State with no reported foreign-owned agricultural land.

The Agricultural Foreign Investment Disclosure Act of 1978 requires all foreign owners of U.S. agricultural land to report their holdings, acquisitions, dispositions, leases (over 10 years) and land-use changes to the Agricultural Stabilization and Conservation Service.

Foreign owners who fail to report or who are late in reporting face possible fines. USDA has assessed 1,950 penalties for late filings, amounting to about $350,000. **Pesticide Certification** - Tobacco growers will again this year be required to certify whether or not DDT, TDE, Toxaphene or Endrin was used on transplanted tobacco. Use of the chemicals will result in no price support.

Flue Discount Varieties - Growers will again this year be required to certify that no tobacco seed varieties identified as Coker 139, Coker 140, Coker 316, Reams 64 or Dixie Bright 244 were planted this year. Planting any of these varieties will result in a loss of price support.

When All Else Fails
Check the
Times-Virginian
Classified Ads!



JUNE PAGE, REPRESENTING the Delta Zeta Chapter of Beta Sigma Phi Sorority, presented last week a check for $100 to the local fire department and rescue squad, represented by Hugh Mitchell and Pete Doss. The funds were raised during the various activities held each year by the sorority.

MONEY MARKET CERTIFICATES.
★6 Month★
Annual Interest Rate
14.741%
$10,000 Minimum-6 Month Maturity
Effective June 2nd-June 8th
Federal regulations prohibit compounding interest on 6 Month Certificates.
Substantial interest penalty for early withdrawal.
APPOMATTOX—352-7168
Triangle Plaza Shopping Center
AMERICAN FEDERAL SAVINGS & LOAN ASSOCIATION
Home Office: 615 Church St., Lynchburg, Va.
FSLIC Your Savings Insured to $100,000

Central Virginia's Largest Selection Of
Baldwin
PIANOS . . .
ORGANS . . .
Band Instruments, guitars, drums and AMPS . . .
CLEARANCE SALE
Organs for Churches & Homes
ROBERTS PIANO CO.
239-0369
8505 Timberlake Rd.
Lynchburg, Virginia
OPEN: MONDAY — THURSDAY 9-5
Friday & Saturday 9-5

IMMEDIATE CASH
FREE ESTIMATES
On All GOLD & SILVER
"Regardless" Of Condition
CLASS RINGS Bringing As Much As $100.00 or more DEPENDING ON SIZE.
SILVER COINS $13.50 & UP
WE BUY GOLD COINS GOLD WATCHES GOLD TEETH or FILLINGS
WE BUY STERLING
LEE-GRANT MOTEL
HIGHWAY 460 — APPOMATTOX
OFFICE
1 P.M. — 11 P.M.

WE'RE LOADED WITH CITATIONS
Come Pick The Citation Of Your Choice From Our Big Selection!
Chevrolet
CITATION
'81 CITATION
36 HWY. EST.
24 EPA EST. MPG*†
*Mileage may vary depending upon options, driving conditions, and driving habits.
Citation 4-Door Hatchback Sedan
MOSES MOTOR CO.
Dealer License No. 3
MOSES ST. — APPOMATTOX, VA.

OFFICERS OF THE Appomattox Garden Club (from left) - Mrs. Floyd Williams, treasurer; Mrs. Sam Kerr, vice president; Miss Edith O'Brien, president; and Mrs. Gerald Wilburn, secretary.

Garden Club meets

The annual meeting of the Appomattox Garden Club was an event of Monday, May 25 in Rose Hall of St. Anne's Episcopal Church. A sumptuous dinner was enjoyed by all the ladies, their husbands and their special guests.

Mrs. Ivey Holland presented awards to Mrs. Howlette Martin and Mrs. William Burke for outstanding achievement in Horticulture and Aritistic Arrangements respectively for the last two years.

Mrs. W. S. Kerr honored Mrs. Richard Robinson, club president 1979-81, with State Life Membership and pin. Mrs. Robinson recognized and thanked all her committee chairmen and the dedicated ladies of the Garden Club for their efforts toward making her term so successful.

Mrs. C. T. Moses, Jr., second vice-president of the Virginia Federation of Garden Clubs, hostessed the Installation ceremony for the 1981-1983 officers. The flame of leadership and gavel was passed from Mrs. Robinson to Miss Edith O'Brien, president, Mrs. W. S. Kerr, vice-president, Mrs. Gerald Wilburn, secretary, and Mrs. Floyd Williams, treasurer. Miss O'Brien served the club as president from 1977-1979 and was unanimously re-elected to this term as president because of her outstanding leadership and dedication to the Garden Club of Appomattox.

NEW OFFICERS FOR the Appomattox Senior Chapter, Future Homemakers of America were installed during their annual Parent-Member banquet, held on Tuesday, May 26, 1981, in the high school cafeteria. Joan Williams, president, presiding during the banquet. For the program, members modled clothes made in their home economics classes. Pictured above are the 1981-82 officers (left to right) Jane Galli, president; Sharon Davis, vice-president; Gina Goggin, secretary; Jo Ellen Garrett, treasurer; and Sheri Martin, reporter/historian.

MRS. BETSY CARTER, president of the Appomattox Woman's Club, presented a check for $50 to Mrs. Betty Jo Smith, home economics teacher at A.C.H.S. on behalf of the AWC for the Madeline Thomas Scholarship Fund. The scholarship fund is used by home economics students in the county to increase leadership activities and develop responsibility.

MRS. BETSY CARTER, president of the Appomattox Woman's Club presented a silver tray to Joan Williams, FHA Member of the Year, during the banquet of the Appomattox Senior Chapter, Future Homemakers of America. Joan has served as president of her chapter this year and was chosen Member of the Year by secret ballot on Tuesday, May 26. Pictured above with Mrs. Carter and Joan is her mother, Mrs. John W. Williams.

PAGE'S GARAGE
William Page
NOW OPEN
LOCATION: Highway 608 in Oakville
•TUNE-UPS
•MAJOR OVER-HAULS
•ART WELDING
•ACETYLENE WELDING
•BRAKE REPAIR
•GENERAL MECHANIC WORK

FAMILY POPES CENTERS
Triangle Shopping Center — Appomattox, Va.
Open Daily: 9 a.m.-8 p.m. Open: Sunday — 1 p.m.-6 p.m.
GRAND OPENING
THURSDAY, JUNE 4-10:00 A.M.
BE PRESENT FOR THE RIBBON CUTTING BY LOCAL TOWN OFFICIALS AND POPES OFFICIALS
Popes Family Center has purchased the Ben Franklin Store in Triangle Shopping Plaza. We are pleased and honored to join the prosperous Farmhill Community! We plan to EASE your "BUDGET BULGE" and put it back in shape. SAVE ON FASHIONS FOR THE ENTIRE FAMILY — HOUSEWARES — HEALTH & BEAUTY AIDS — and many more departments! SATISFACTION GUARANTEED!
POPES FAMILY CENTER — THE FRIENDLIEST PEOPLE IN TOWN!
CHECKS COMP'X CHECK WELCOME
PRICES GOOD THURS., JUN. 4 THRU WED., JUN. 10
CLOROX BLEACH QAL., REG. 99¢ 77¢
NEW! CLOROX PREWASH 32 OZ., REG. 1.29 1.09
FORMULA 409 SPRAY CLEANER REG. 99¢ 87¢
SCOPE MOUTHWASH-18 OZ. 1.29
GLEEM TOOTHPASTE -5 OZ. 99¢
KLEENEX BOUTIQUE TISSUES PRINTS 59¢
TEXIZE PINE AND SPRING SCENT CLEANER -15 OZ. REG. 69¢ 2/1.00 LIMIT 2
FREE!! TO THE FIRST 100 CUSTOMERS THURSDAY POPES FAMILY CENTER IMPRINTED ICE CUBE TRAYS
QUAKER STATE MOTOR OIL 20 OR 30 HD & REG. REG. 99¢ 79¢ QT. LIMIT 6 QT.
NEW COLD POWER XE MORE CLEANING POWER THAN EVER IN COLD WATER! Fresh Start NET WT. 5 LBS. 4 OZS.
COLD POWER LAUNDRY DETERGENT 49 OZ. REG. 1.99 1.69
FRESH START LAUNDRY DETERGENT 20 OZ. REG. 1.99 1.69
HI DRI PAPER TOWELS JUMBO ROLLS REG. 64¢ 39¢ LIMIT 4
KIMBERLY CLARK
HAMILTON BEACH 7 SPEED ELECTRIC BLENDER ALMOND COLOR REG. 24.99 19.88 LIMIT 1
TIMEX MEN'S AND LADIES' TIMEX WATCHES TERRIFIC SELECTION GREAT FATHER'S DAY GIFT CHOICE!! LCD's. Reg. 25.95 to 59.95 Reduced to 22.88 to 35.88 SAVINGS UP TO 40%
LARGE TRASH BAGS 10 STURDI TRASH BAGS 32 QT.-20 CT., 44 QT.-15 CT., 26 GAL.-10 CT., 33 GAL.-7 CT. REG. 99¢ Popes Sale Price 77¢ LIMIT 3
Coleman 10 GALLON COOLER WITH FREE MATCHING GALLON JUG Popes Sale Price 25.88 LIMIT 1
FINGERTIP FRINGED HAND TOWELS SOLID TERRY 4/1.00 LIMIT 4